

CDC Posters for Schools about Flu Prevention

Use the following posters in your classrooms, hallways, and around the school to educate students, teachers, and staff about ways to prevent the spread of flu.

www.cdc.gov/germstopper/materials.htm (available in different sizes and languages)

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



Clean your Hands

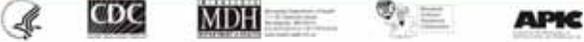
after coughing or sneezing



Wash hands with soap and warm water for 20 seconds



or clean with alcohol-based hand cleaner.




BE A GERM STOPPER.



COVER MOUTH AND NOSE

Cover Coughs and Sneezes. Clean Hands.
Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

Clean your hands a lot

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the "Happy Birthday" song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!



CLEAN HANDS

Stop germs. And stop colds and flu.



www.cdc.gov/germstopper

Other Posters for Schools about Flu Prevention

www.publichealth.va.gov/flu/materials/ (includes other posters, brochures, buttons, stickers and other materials)

